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Celebrity pg 16

Cure-all for a broken heart: Carbs

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Attention
all Aliens!
TALK 1410AM
The Buzz of Vancouver
presents
Coast to Coast AM host
George Noory
live at the RiverRock SHOW THEATRE
February 28
www.ticketmaster.ca

Vancouver **Games**

Countdown to 2010

Today

- Second annual 'Poverty Olympics,' pg 2
- Security preparations for the Games, pg 3
- Canada lookin' good on the podium, pg 11

Coming up this week

- Tuesday — How are Vancouver's homeless to be affected?
- Wednesday — Views of Canadians on the streets.
- Thursday — One-year countdown at Whistler
- Friday — Unveiling of the Olympic torch

Valentine's **Day**

Matters of the heart

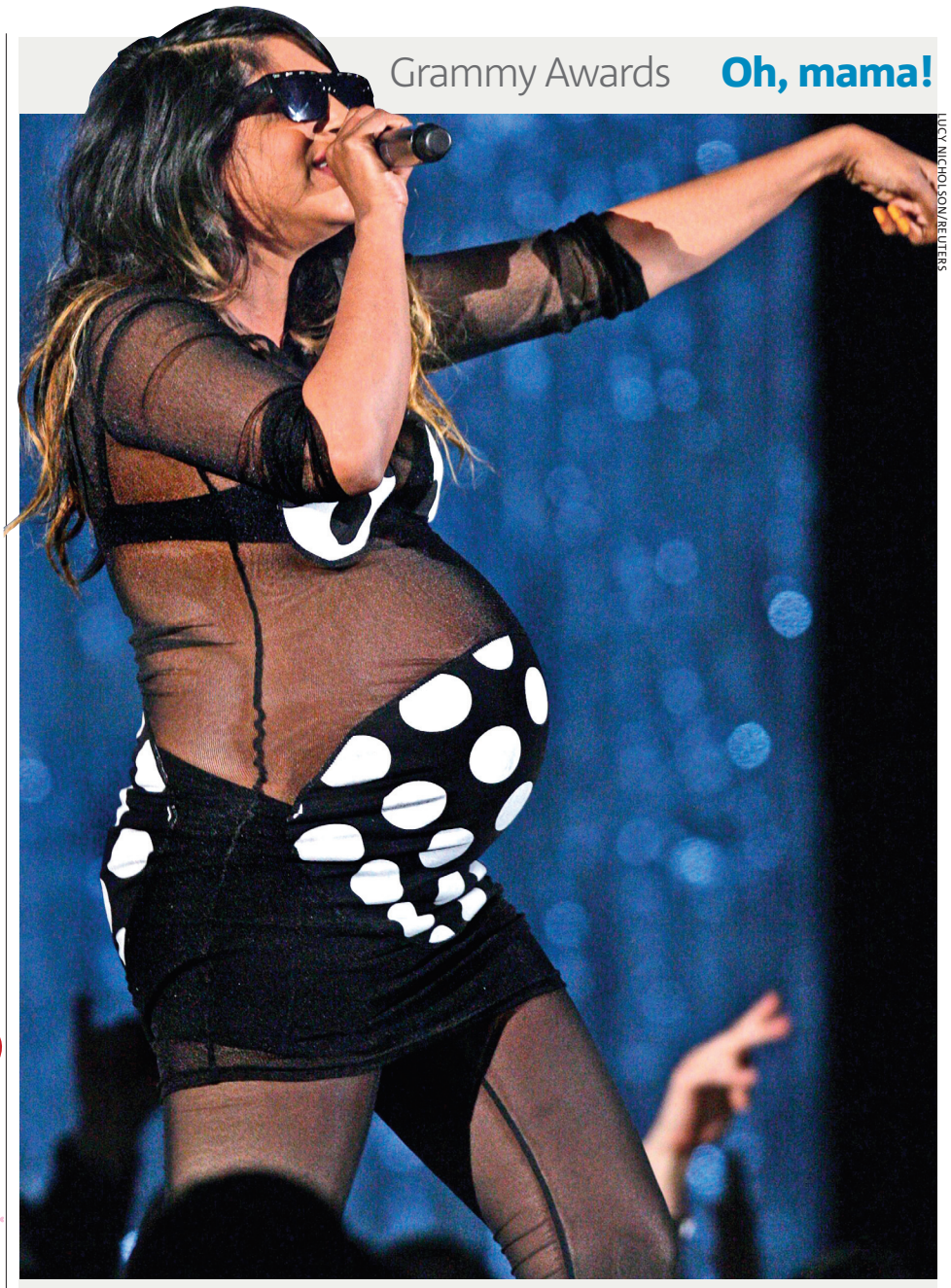
Today

- Hinesight gives men invaluable advice, pg 8
- Wedding planning — a most romantic career, pg 12
- Plan your viewing this week and curl up with your lover to watch, pg 15

Coming up this week

- Tuesday — Josey Vogels on the best exercise for your heart: Love
- Wednesday — Georgie Binks take on relationships, Canadian communities that think they're romantic, and why movies are such a popular date-night choice.
- Thursday — Recipes for a cosy night in.

Grammy Awards **Oh, mama!**



LUCY NICHOLSON/REUTERS

Nominee M.I.A. performs last night — on her baby's due date — at the 51st annual Grammy Awards in Los Angeles. Canadian Jason Reitman shared a Grammy win with Margaret Yen for best compilation soundtrack album for a film for Juno. More coverage, pg 13

Shooting death 4th in 1 week

KRISTEN THOMPSON
kristen.thompson@metronews.ca

A man who was hit in a drive-by shooting in a busy Langley parking lot died in hospital yesterday, bringing the number of fatal Lower Mainland shootings last week to four.

Police identified the victim as 26-year-old Kevin Robert LeClair of Surrey.

The victim was sitting in a truck outside a supermarket when several vehicles pulled up beside him and opened fire with machine guns, riddling his truck with around 40 bullets.

RCMP Cpl. Peter Thiessen said the man, who is alleged to have had gang connections, was airlifted to hospital on Friday evening.

"This is another example of criminals dealing with criminals," Thiessen said. "This is how they do their business, turning a public place into their boardroom and putting the public at risk."

He said as many as 75 officers are participating in the investigation, and roughly 40 witnesses have been interviewed, but no arrests have been made.

On Saturday, a 22-year-old Port Moody man was released from hospital after being shot in Coquitlam in an attempted robbery.

RCMP Cpl. Brenda Gresiuk said a 19-year-old man was arrested.

In an effort to expose gang members and curb the escalation of violence in Vancouver, the RCMP is asking people who know someone involved in organized crime to call police.

They're also encouraging business owners to refuse service to known gang members.

Fatal toll

- On Feb. 3, Raphael Baldini and Brianna Helen Kinnear, both 21, were shot dead in their cars in Surrey and Coquitlam, respectively.
- On Feb. 2, James Erickson, 25, was found shot dead in a Surrey apartment building.

Man arrested after 2 killed in hit-and-run

INVESTIGATION A 25-year-old woman and a 31-year-old man died after being struck in a hit-and-run on Fourth Avenue near Granville Island, Vancouver police said yesterday.

Speed and alcohol are believed to be factors into the fatal crash that occurred just before midnight on Saturday.

The couple were thrown several metres and died at the scene after they were struck from behind crossing Fourth Avenue at the entrance to Granville Island.

The driver of the Buick SUV, an 18-year-old man, fled the scene on foot. He was tracked by police dog and was arrested. He remained in custody yesterday.

Two teenage girls, passengers in the car, were taken to police headquarters for questioning.

JEFF HODSON/METRO VANCOUVER

Please recycle

Officers set for court appearance

CHARGES Two Lower Mainland police officers are expected to appear in provincial court in Vancouver today for an alleged assault and robbery on a newspaper deliveryman in January.

Firoz Khan was allegedly beaten outside the Hyatt Regency on Burrard Street in the early morning hours of Jan. 21. Khan, 47, said he was robbed and racially abused in the attack.

New Westminster Const. Jeffrey Roger Klassen is facing a charge of assault and West Vancouver Const. Griffin Gillan is facing a charge of robbery. METRO VANCOUVER

TALK 1410AM
The Buzz of Vancouver

"A gang shooting is armed Darwinism"

Be Quotable

www.talk1410.com

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

They'll call it the Breeze
The third SeaBus vessel, expected to go into service this fall, has been named the "Burrard Pacific Breeze." The winning entry in TransLink's Name The SeaBus contest was submitted by Robert Waldman, an employee at Hastings Park Racecourse. METRO VANCOUVER

Local

Tripod prompts gun scare

A gun scare that forced the lockdown of a West Vancouver school last week was a case of mistaken observation, officials determined. A resident called police after seeing what looked like someone carrying a rifle. It turned out to be a tripod. METRO VANCOUVER

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Activists take on 'housing hurdles'

JEFF HODSON
jeff.hodson@metronews.ca

Activists in the Downtown Eastside held a "$6 Olympics" yesterday, in protest of the "$6-billion Olympics" that will take place in Vancouver in little more than a year.

VANCOUVER 2010 Games

The Poverty Olympics featured short skits of athletic events like Housing Hurdles, Wrestling for Community and Skating Around Poverty.

Gena Thompson, who co-hosted the second annual event dressed as mascot Chewy the Rat, said she was representing all the people of the Downtown Eastside "who have got nothing out of all the Olympic promises."

"(The Olympics) does nothing for poor people and nobody from this 'hood is going to be able to afford the Olympic village once this is all over," Thompson said.

The Poverty Olympics began with a torch relay/protest march through the Downtown Eastside to the Japanese Language School on Alexander Street.

The first event, Sweeping Aside Poverty (curling), featured poverty Olympians pitching rocks (painted milk jugs) across a cardboard ice sheet covered with obstacles like bureaucratic red tape and paperclips.

Meanwhile, their opponents, a slick-looking team called 'Vanoc,' had no such difficulty. They were able to sweep away obstacles with 'bailout' brooms or cut through them with help from their friends in the police and corporate media.

JEFF HODSON / METRO VANCOUVER

Brenda McMillan of the Vancouver Area Network of Drug Users carries the poverty torch through the Downtown Eastside yesterday prior to the start of the second annual Poverty Olympics.

TransLink rejects 'good without God' bus ads

TARYN MCELHERAN
for Metro Vancouver

RELIGION TransLink has rejected the B.C. Humanist Association's proposal to put "You can be good without God" ads on Metro Vancouver's transit system.

The group approached TransLink with ad designs last week.

After reviewing the material, TransLink officials deemed it not fit for the transit system because it did not meet the criteria set out in the company's advertising policy.

A section of it states, "No advertisements will be accepted, which promotes or opposes a specific theology or religious ethic, point of view, policy or action."

The Standards and Limitations section of TransLink's advertising policy has been in place for more than 20 years and were adopted by B.C. Transit, which operated transit services before TransLink was created in 1999.

Emergency shelter brings 30 new beds to Howe St.

HOUSING A new emergency homeless shelter opened yesterday, the fifth since Mayor Gregor Robertson took office.

Robertson said that much like the other four newly-opened shelters, people are allowed to come in with shopping carts and pets.

"It's great to see all of these shelters at capacity, but ultimately we need housing and we need to be providing more so people aren't on the street or in shelters," said Robertson.

He added that the facility at 1442 Howe St., which can accommodate about 30 people, is a temporary solution only.

All five of the shelters will remain open until the end of March.

TARYN MCELHERAN / FOR METRO VANCOUVER

Five weekend stabbings leave one dead

KRISTEN THOMPSON
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One young man is dead and four others were hospitalized after being stabbed in separate incidents over the weekend.

In all, there were six stabbings in Vancouver last week, three of which left young men dead, including 21-year-old Tyson Edwards, who was buried Saturday.

Edwards was stabbed to death on Feb. 1 outside Richard's On Richards nightclub.

His mother, Carla Edwards, pleaded for witnesses to her son's murder to come forward, saying that this "beautiful city" has changed in the 24 years she's lived here. More and more youth are being targeted by violence, she said,

"What scares me most is that we are becoming immune to it all," she said. "We watch the news and see what is happening in our streets and we shake our heads and sigh.

"Our city is changing … We need to come together as a community to try to solve this epidemic of violence."

Earlier death

- 23-year-old Benjamin Neil Warland died on Feb. 1 after being found stabbed on the front lawn of a Richmond home.

The latest to die in Vancouver's most recent stabbings was William Wayne Cloud, 19, who was found dead in the washroom of a South Vancouver home early Friday morning.

That same morning, a 21-year-old man was hospitalized after being stabbed in a fight at a Gastown nightclub.

A fight between a group of teenagers near the Plaza of Nations on Saturday sent two people to hospital with stab wounds.

Two hours earlier, a 20-year-old man had been taken to hospital in serious condition after being stabbed near Burrard SkyTrain station. Several people were arrested in connection with that incident.

News in brief

QUAKE A small earthquake that hit Langley Saturday night was felt in nearby Port Kells, Walnut Grove and Maple Ridge. The tremor didn't cause any damage, but residents called police, concerned there had been an accident outside.

COMEDY Tickets to local funnyman Russell Peters' Vancouver show go on sale today at 10 a.m. The stand-up comic, who's famous for his ethnic humour, will be performing at GM Place on June 16. He'll also be in Vancouver to host the Juno Awards on March 29.

ASSAULT Police are issuing a warning after a woman was sexually assaulted walking along Pender Street early in the morning. She was grabbed from behind and was able to run away. METRO VANCOUVER

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WHAT'S ONLINE TODAY

Video Expected aid for U.S. financial sector has investors optimistic for this week's trading at **metronews.ca/canada**

Lotteries

Friday, Feb. 6
Lotto Super 7: 1, 2, 8, 20, 33, 35 & 42 Bonus 15
Extra: 6, 26, 89, 92
Saturday, Feb. 7
Lotto 6/49: 14, 20, 24, 30, 34 & 37 Bonus 31
BC 49: 5, 9, 10, 22, 31, 32 Bonus 7
Extra: 7, 44, 47, 65
These results are not official.

Figure-skating event used to test security team's readiness
The Vancouver 2010 Integrated Security Unit tested its readiness for the Olympic crowds at this weekend's Four Continents figure skating championships at the Pacific Coliseum. Event-goers walked through metal detectors and had their bags searched. METRO VANCOUVER

Examining the possible threats

GAMES While he believes that the likelihood of a terrorist attack during the 2010 Games is low, Simon Fraser University political science professor Douglas Ross warns that it's still a possibility. Below, he comments on some potential security threats.

1. Suicide bombers in high-volume areas. "That would maybe be the most probable."
2. An explosive hidden in a vehicle. "Something like a 500-metre to one-kilometre radius would just be utterly destroyed."
3. Terrorist organizations using fissile materials to create nuclear explosives. "That's the lowest probability but the highest risk."
4. Detonation of a radioactive dirty bomb. "This is at the low-end (of probability) but with a much higher consequence."
5. Biological agents. "Trying to ensure that nobody's carrying any little parcels of Anthrax-laden powder would be almost impossible."

ANDREA WOO / FOR METRO VANCOUVER

Expert questions Games security

RCMP officials say they are confident in their security plans for 2010

ANDREA WOO
for Metro Vancouver

VANCOUVER 2010 Games

As the estimated cost for Olympic security soars to nearly six times the original budget, an expert at Simon Fraser University says more needs to be done.

According to RCMP Assistant Commissioner Bud Mercer, there will be about 8,000 law enforcement officials on site during the two-week Games, securing the perimeters of Olympic venues and screening attendees for weapons and other prohibited items.

There will also be hundreds of surveillance cameras installed in and around Olympic sites as well as vehicle and pedestrian screening. All newspaper boxes will be removed from the perimeter of Olympic venues.

Cpl. Jen Allan, spokeswoman for the Vancouver 2010 Integrated Security Unit, said the ISU receives intelligence from both domestic and international security partners, conducts ongoing risk assessments and devises tactics accordingly.

"We're confident in where we are in terms of planning," she said.

However, Douglas Ross, a political science professor at Simon Fraser University who specializes in foreign policy and international security studies, said Vancouver has been ill-prepared from the get-go, calling the original budget of $175 million — which has since jumped to about $1 billion — "a joke."

"They're trying to classify and hide everything because they really haven't done enough," Ross said. He sites the lack of screening of all cargo at Vancouver ports as an example.

"If terrorist groups were to think that security was less than fully effective here … they might get the idea that this is a good target where there will be a lot of sitting Americans. I'm not sure that people in Ottawa, or VANOC, are really taking this seriously."

KRISTEN THOMPSON/METRO VANCOUVER
Canadian Forces members seen in Stanley Park ahead of this week's Olympics security training exercise. Plans are being considered to set up army camps in the Vancouver-Whistler corridor during the Games.

Getting prepared

- Tomorrow, the Vancouver 2010 Integrated Security Unit will begin Exercise Silver, a five-day security training exercise across the Lower Mainland and in Whistler.
- Security experts are also preparing for the possibility of terrorists seizing a B.C. Ferries vessel and of unidentified aircraft entering restricted air space.

Military struggling to boost personnel numbers
Despite lowering projections and launching massive recruiting drives, the military hasn't been able to increase personnel numbers enough to meet government pledges, a new report finds. Regular forces were supposed to be boosted to 65,537 in 2007-08, but numbers were only up to 64,403. **TORSTAR NEWS SERVICE**

Canada

Bus driver faces DUI charge

The driver of a Toronto-bound bus has been charged with impaired driving after motorists called police to report aggressive driving. Officers stopped the Coach Canada bus, which was on its way from Niagara Falls, around 7:30 a.m. yesterday near Oakville, Ont. A 48-year-old from Niagara Falls been released on a promise to appear in court. **TORSTAR NEWS SERVICE**

Jobs still available despite economic gloom

In a world of doom and gloom, Margi Moscoe's tale is a sunny one.

The 28-year-old hasn't graduated from university yet, but she entertained multiple job offers before grabbing a plum post with Infosys Consulting Inc.

"I got pretty lucky. I'll be working in New York City, Rockefeller Center, right in the heart of the action," says Moscoe, who was hired this fall while completing MBA studies at the Rotman School of Management at the University of Toronto.

Moscoe says credit for her six-figure-salary job offers goes to a muscular resumé that includes a summer job working for Infosys in India, a fall semester spent in China on an exchange and four years of working full time in the packaging industry before enrolling at Rotman.

"I got pretty lucky. I'll be working in New York City." Margi Moscoe, graduate

Although she already had a BA in commerce from Queen's University, she returned to school to increase her marketability.

"It was either Europe or New York for me," says Moscoe, whose successful job hunt occurred during a global recession.

But it's not bad news for everyone, Moscoe knows, after seeing Chinese companies flock to the campus where she was studying last fall to snap up the latest crop of graduates.

Canada's economy is taking a hit in the global recession. The unemployment rate now stands at 7.2 per cent nationally. Among youths aged 15 to 24, the rate is 12.7 per cent.

However, people are still being hired every day. **TORSTAR NEWS SERVICE**

News in brief

WINNIPEG Manitoba's chief medical examiner says security guards at the Health Sciences Centre in Winnipeg tried in vain to get help for a homeless man as he sat vomiting — and dying — in the emergency department last September, the Winnipeg Free Press reports. After viewing security tapes a doctor said that guards tried "many times" to help Brian Sinclair.

KIDNAPPED A videotape that indicates two Canadians kidnapped in Niger last year are still alive has emerged, according to the news service Agence-France Press. AFP reported Saturday that UN special envoy Robert Fowler and his assistant Louis Guay appeared on the tape and introduced themselves. **METRO NEWS SERVICES**

Ottawa holds on to disaster, policing funds

POLITICS The Conservative government hung onto nearly $64 million of a $140-million fund budgeted for emergency disaster relief, apparently because nobody asked for it, a departmental report suggests.

The public safety department also spent less than half of the $43 million budgeted in 2007-08 for crime-prevention projects after the Conservatives revamped program criteria to direct spending to projects that — as the politicians promised — would show "results."

Opposition critics have raised concerns about money left on the table, saying the federal Conservatives are quick to take credit for spending announcements, but are leaving municipalities in need and communities at risk in limbo.

A report on the department's spending and transfers shows that although planned spending in these two areas increased under the Tories, actual spending went down each year since 2005-06.

In 2007-08, the Conservatives budgeted $140 million to help recovery from natural disasters. But they spent just $76.4 million, saving nearly $64 million.

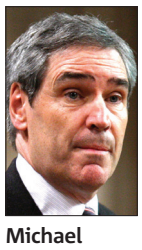
The department's performance report, tabled late last week, includes a brief explanation, saying the "$63.6 million lapse is due to estimated provincial requests for payment not being realized."

Liberal public safety critic Mark Holland said it is "surprising and frankly unbelievable to say 'Well, no one asked.'" **TORSTAR NEWS SERVICE**

Latest poll finds Liberals gaining on Conservatives

POLITICS The ruling Tories have seen their lead over the Opposition Liberals slip after the release of the federal budget, according to a new poll released Saturday.

The Ipsos-Reid survey for the CanWest media conglomerate put the Conservatives at 37 per cent support, down two points from a poll by the same company in early January. Michael Ignatieff's Liberals were up three points at 31 per cent.


Michael Ignatieff

The smaller New Democratic Party had the backing of 14 per cent, a drop of one point.

The polling firm said the Liberals have steadily closed the gap with the Conservatives from 23 points at the beginning of December to the current six points.

The Conservatives, whose minority government was returned to power in Oct. 14 elections with 37.6 per cent of the vote, would need at least 40 per cent to win a majority of the seats in the House of Commons, political analysts say.

The Liberals last month backed the Conservatives' 2009 budget and economic stimulus plans, staving off an early election and killing an opposition coalition that had sought to replace the minority government.

The budget included a $40-billion stimulus plan and forecast $85 billion in deficits over five years.

The Ipsos-Reid survey of 1,000 adults was conducted between Tuesday and Thursday and is considered accurate to within 3.1 percentage points, 19 times out of 20. **REUTERS**

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150 - 625 Howe St.

105 - 950 West Broadway

1707 Robson St.

1092 Kingsway

10 - 3490 Kingsway

Burnaby

Brentwood Mall

Crystal Square

Lougheed Mall

Metrotown/Metropolis

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4711 Kingsway

7531 Market Crossing

111 - 3823 Henning Dr.

204B - 3430 Brighton Ave.

Coquitlam

Coquitlam Centre

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5 - 3000 Lougheed Hwy.

2700B Barnet Hwy.

22 - 2988 Glen Dr.

2 - 901 Lougheed Hwy.

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Royal City Centre

North Vancouver

Capilano Mall

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1748 Lonsdale Ave.

1392 Main St.

Richmond

Aberdeen Centre

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Marijuana use ups testicular cancer risk: Study

Marijuana use may increase the risk of developing testicular cancer, in particular a more aggressive form of the disease, according to a U.S. study. Current users were 70 per cent more likely to develop it than non-users, with 10-year-plus users, frequent users or men who started smoking before age 18 at the highest risk. REUTERS

World

Getting down to business

U.S. President Barack Obama's first televised White House news conference dealing with his $827-billion US economic stimulus package should be a relatively business-like affair compared to previous ones: Richard Nixon's antagonistic showdown with journalists at the height of the Watergate scandal; George W. Bush's refusal to admit he followed false intelligence on Iraq; Bill Clinton's denial of ever having sex with a White House intern. METRO NEWS SERVICES

Combat rages in Sri Lanka

More than 1,400 civilians poured out of Sri Lanka's war zone yesterday, bringing the total in the last four days to nearly 14,000 as soldiers try to deal a death blow to the separatist Tamil Tiger rebels, the military said.

The rate of civilians trapped in fighting between the military and the cornered Liberation Tigers of Tamil Eelam (LTTE) has picked up sharply this week, signalling the onset of faster military operations to wipe out the guerrillas.

More than 50,000 soldiers are converging on a sliver of jungle in the Indian Ocean island's northeast to crush the LTTE — now estimated to number fewer than 2,000 fighters.

Combat raged at numerous locations in the 175 sq km battle zone, killing at least 11 guerrillas on Saturday, the military said.

Since Jan. 1, about 17,900 have fled the fighting. That is roughly between seven and 15 per cent of the total trapped in the area — aid agencies say around 250,000 are there, while the government says the number is about half of that.

Sri Lanka, aid agencies and rights groups have accused the rebels of forcibly keeping people in the war zone as human shields, conscripts and labourers. The Tigers deny that.

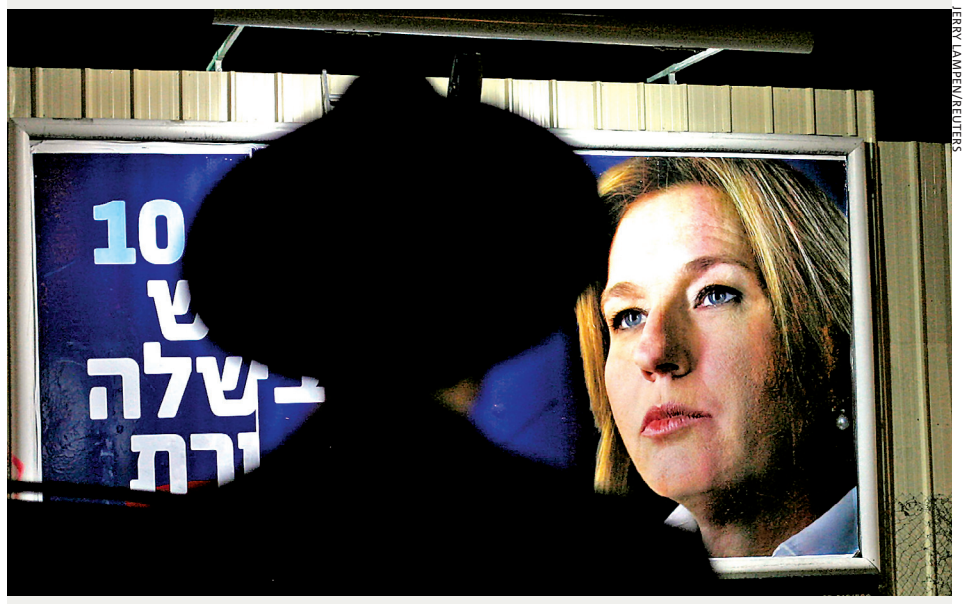
The pro-rebel website tamilnet.com accused the military of shelling roads and killing more than 120 people last week, but cited no sources. The military denies targeting civilians.

Verifying battlefield reports is next to impossible since the war zone is sealed off to independent media. REUTERS

Ongoing violence

- On Saturday, 35 Tamil Tiger fighters counter-attacked with an armour-plated vehicle and tried a suicide attack in the village of Puthukudiyiruppu.
- A week ago, Tiger suicide fighters drove an explosives-laden truck with another vehicle toward advancing troops, killing as many as 15 soldiers.

Israel **Different viewpoints**



JERRY LAMPEN/REUTERS

A passerby stands in front of a Kadima party campaign billboard depicting Israel's Foreign Minister Tzipi Livni in Jerusalem yesterday. With his poll lead narrowing ahead of tomorrow's parliamentary election, right-winger Benjamin Netanyahu stressed Israelis' fears of Arab attacks and said government plans to trade land for peace were doomed to failure. His main opponent, the centrist Kadima party leader Livni, said she would continue the U.S.-sponsored peace process with the Palestinians that she pursued as foreign minister.

Australian wildfire kills at least 126

FIRE Australia's deadliest bushfire crisis eased early today, but the death toll kept rising with at least 126 people killed as families searched for scores of missing in the ruins.

Australian Prime Minister Kevin Rudd said the bushfires, some of which police believe were deliberately lit, reached "a level of horror that few of us anticipated. There are no words to describe it other than mass murder."

> **"There are no words to describe it other than mass murder."**
> PM Kevin Rudd

The media are reporting the death toll could reach 170. More than 750 houses were destroyed and some 78 are people in hospital. REUTERS

Russia, U.S. talk relations 'reset'

DIPLOMACY Russia yesterday welcomed a pledge by the United States "to press the reset button" on relations with Moscow. U.S. Vice-President Joe Biden said on Saturday it was time to end a dangerous drift in ties and work with Moscow — a gesture Russian officials said "inspires optimism." REUTERS

Treasury delays unveiling bailout

ECONOMY The Obama administration yesterday pushed back until tomorrow the announcement of a bank rescue plan as it pressed lawmakers to settle their differences over a $800-billion US economic stimulus package.

U.S. Treasury Secretary Timothy Geithner's announcement of the bank rescue plan — which will seek to shore up some of the biggest commercial banks in the United States — has been postponed to allow the U.S. Senate to focus on a massive economic stimulus ahead of a vote tomorrow. REUTERS

News in brief

ECONOMY The International Monetary Fund is considering how it could provide support to emerging market countries vulnerable to the downturn. A spokesman said the program would support countries with sound policies and strong economic fundamentals "on a contingent, as-needed basis."

SPAIN Spain will not cut firing costs or worker rights as an answer to its economic crisis, but create jobs and guarantee dole for the jobless, Prime Minister Jose Luis Rodriguez Zapatero said yesterday. Spanish workers shouldn't pay for economic problems, he said, considering "this crisis wasn't started by workers." REUTERS

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CANADA'S ECONOMIC ACTION PLAN

The Government of Canada's proposed Economic Action Plan contains new tax measures that may benefit you.

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Comment

Valentine's Day playbook

HineSight

Anne Hines

This is a public service announcement. Men, Valentine's Day is almost here. Now, in guy speak "almost here" means "today" or "Darn, I missed it." Or "Darn, I missed it again." But be forewarned, Valentine's Day is in five days. And to the woman in your life, five days is "almost here."

Some men are masters of the art of romance. My brother, David, for instance, buys his wife single red roses, makes cards by hand and takes the kids out so she can enjoy a quiet bubble bath. There's a term to describe men like this — still married.

But for those of you who are slightly more special-occasion-challenged, here's a little advice to help you avoid what happened last Valentine's Day ... and you know what that was. I offer The Hinesight Guide to Avoiding V. Day Disaster.

Picture this day as the Super Bowl of romantic occasions. You are the quarterback. How does a quarterback ensure the play gets completed? He doesn't say, "Um ... I'm just going to throw something together with whatever I can grab at Shoppers Drug Mart." He plans ahead.

Valentine's Day

Begin with the gift. The gift is vital. But do not stress yourself thinking a gift has to be big or expensive. It just has to be perfect.

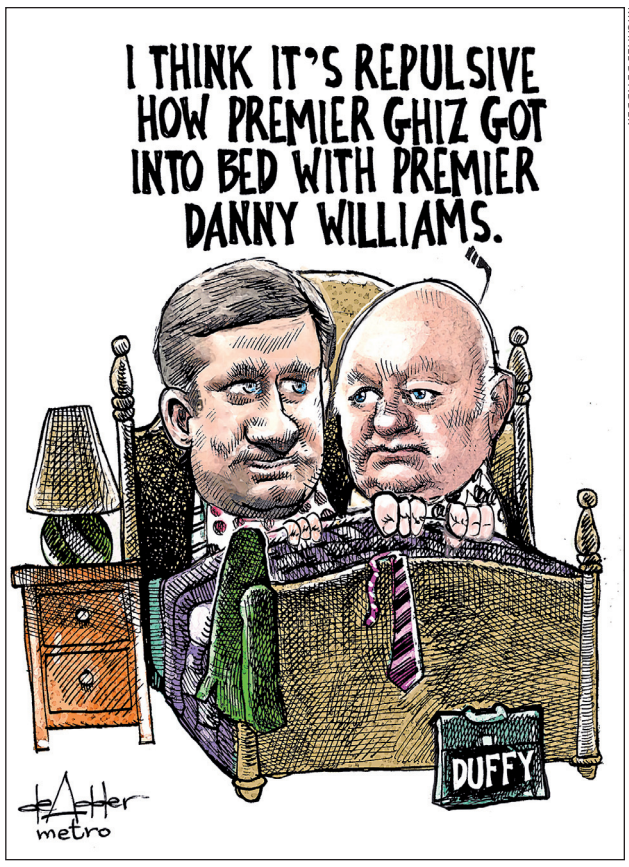
You see, to a man, a gift says, "This is a gift." To a woman, a gift says, "This is how I see you. This is how I feel about you in my deepest most truthful heart of hearts." The reason women place so much importance on gifts is that we don't always have any other way of getting that information. Remember, no woman wants to know you think of her as a red flannel nightgown or new car mats. Instead, look at the kind of thing she buys herself and buy her more of it.

Next, choose where to present the gift. As a rule of thumb, unless you met, had your first date and conceived your first child at a Taco Bell, fast food restaurants do not spell "romance." Making her dinner will score you big points, particularly if you don't watch TV while eating or suggest that, since you cooked, she do the washing up.

With a little attention to the playbook, you can run this Valentine's Day right through the end zone.

Or, in woman speak, you won't be sleeping alone for the next 12 months.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Will streetcar line leave a transit legacy?

InTransit

Derek Moscato
dmoscato@yahoo.com

With the one-year countdown to the 2010 Winter Games just days away, it's a bit depressing to see so many British Columbians dwelling strictly on bad news associated with the event.

While well-publicized financial troubles connected to the Olympic Village are indeed troubling, they won't cancel out the benefits arising from the Games — including everything from new recreation facilities to the build-out of related infrastructure such as the Canada Line.

Another project timed with the Games goes by the name of, appropriately enough, The Olympic Line. It is Vancouver's modern streetcar initiative, and it could usher in a new era for public transit in and around the city's downtown peninsula.

If you've spent any time around the south side of False Creek recently, you will have noticed the preparation work being carried out along a two-kilometre stretch of track that once served the tourist-geared Downtown Historic Railway.

The project will operate next year between January and March, connecting Granville Island to the Canada Line Olympic Village Station. The city's partner, Bombardier Transportation, is bringing two sleek streetcars — on loan from Brussels — to the West Coast.

VANCOUVER 2010 Games

The good news is the ride will be free for locals and visitors.

The bad news? This is a demonstration project, so the future of the line is uncertain after the Olympic torch is extinguished.

To date, there has been little in the way of support from senior levels of government or TransLink. But here's hoping the Olympic Line isn't just a transportation afterthought once tourists and athletes go home.

For this test run to be deemed a success, it will have to leave a public transit legacy. And that means following through with expansion plans after 2010.

So let's hope locals can get behind this project.

Vancouver is already late enough to the streetcar movement. Modern streetcars — with their environmentally friendly reputation — are well-established in cities like Portland and Melbourne, Australia.

And in Seattle, a new line connects the South Lake Union neighbourhood to downtown Seattle. This past December, its growing popularity prompted that city's local government to vote in support for a multi-line network.

The same kind of boost for Vancouver's streetcar line would be a post-Olympics legacy that work-a-day commuters, tourists and local businesses could all appreciate.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics.

Letters

Atheist ads won't promote understanding

Re: Atheist ads promote debate, understanding (Feb. 5)

"I can't see how they can be denied the right to advertise."

I can, and not just because it is extremely offensive to the majority of us who do believe in a God. Transit is for public use, so why are we going to put our beliefs and values there?

I don't see Muslims, Jews, Christians, or Hindus advertising their beliefs on buses. Whatever happened to advertising gum or shampoo or something? This doesn't promote understanding, it brings into question Canada's values as a whole.

What's next? Putting up neo-Nazi signs in public washrooms?

NADIA RAMADAN, CALGARY

Shame on Toronto transit for running atheist ads

Re: Atheist ads promote debate, understanding (Feb. 5)

It is plain to see that spirituality has a strong bearing on morality, apart from a few exceptions. No wonder our society is suffering from murders, rapes, and assorted crimes. Toronto transit will have contributed to the furtherance of these evils, which will continue.

As per the 30th anniversary Reader's Digest Reader, Nobel Prize winner Dr. Robert Millikan said, "Just how we fit into the plans of the Great Architect and how much He has assigned us to do, we do not know, but if we fail in our assignment it is pretty certain that part of the job will be left undone.

But fit in we certainly do somehow, else we would not have a sense of our own responsibility. A purely materialistic philosophy is to me the height of unintelligence."

Abe Lincoln said, "I should be the veriest shallow and self-conceited blockhead, in my discharge of the duties of this place, if I should hope to get along without the wisdom that comes from God and not from man."

I applaud the Victoria and Halifax transit systems. Shame on Toronto transit.

ABE SAMUEL, CALGARY

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Clients paid with corporate credit cards: Ex-N.Y. madam 9
A former madam of a New York prostitution ring alleged in a TV interview on ABC that bankers, Wall Street lawyers and CEOs often paid for her services using corporate credit cards. REUTERS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

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129,000 Canadian jobs lost in January

Canada's economy shed 129,000 jobs in January, bigger than any monthly drop seen in the last two recessions, pushing the national unemployment rate up 0.6 of a percentage point to 7.2 per cent.

Canada's manufacturing sector continued to bear the brunt of the economy's job losses last month as the automotive industry scaled back production in response to feeble consumer demand.

In manufacturing, 101,000 net positions evaporated in January, the largest monthly decline on record for the sector, according to Statistics Canada. About 36,000 of those positions were in Ontario, where a slew of recent layoff announcements started to take effect.

The severity of the overall job cuts prompted some economists to warn the jobless rate could reach double digits, as hopes for a quick economic rebound grow dimmer.

"This was just an all-around bad report," said Derek Holt, vice-president of Scotia Capital Economics.

"I do not discount the risk of going double digits on the unemployment rates on both sides of the border."
Economist Derek Holt

For all of this year, Scotia Capital has been expecting about 250,000 net job losses in Canada. "We just got half that in one month, so these are all uncharted waters on so many variables," Holt said. "I do not discount the risk of going double digits on the unemployment rates on both sides of the border."

TORSTAR NEWS SERVICE

Billion-pound bank bonus stirs outrage

PAYMENTS Reports that the Royal Bank of Scotland was about to award its staff a billion pounds in bonuses prompted outrage in Britain yesterday at a time of soaring unemployment and with a deep recession looming.

British Finance Minister Alistair Darling vowed that bankers who had lost money would not get big cash bonuses, though he said it was too early to follow U.S. President Barack Obama's lead and put a mandatory cap on bankers' pay.

Opposition politicians said Darling's decision to launch a review into banks' management and remuneration was too late to stop a wave of bonuses.

The Sunday Telegraph newspaper reported that RBS plans to pay out nearly a billion pounds in bonuses this year, even though it has just posted the biggest-ever financial loss for a British company.

RBS required a 20-billion-pound government bailout to stay afloat last year and is now nearly 70 per cent state-owned.

REUTERS

Ontario to lead OxyContin probe

DRUGS Ontario will lead a national probe into the misuse of the painkiller OxyContin, a prescription narcotic frequently doled out by doctors that can lead to severe addiction and death.

The decision to launch the probe was prompted by a Toronto Star investigation that found OxyContin prescriptions paid for by Ontario's public drug plan had tripled in five years. Last year, $54 million of the drug was prescribed, the majority to those on social assistance.

TORSTAR NEWS SERVICE

Hong Kong **In the mood for love**

BOBBY YIP/REUTERS

Model Annet Ko poses in a bathtub outside a shopping mall in Hong Kong over the weekend during a sales promotion for Valentine's Day celebrations.

In brief

LAB FIRMS Clinical research services providers, which have benefited in recent years from drugmakers increasingly farming out drug development, are seeing growth levels slowing as clients start delaying low-priority research to further cut costs in a recession. REUTERS

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Calculate your water footprint

The water footprint of an individual is defined as the total volume of freshwater that is used to produce the goods and services consumed by that person. The production of one kilogram of beef, for example, requires 16,000 litres of water. For more, see www.waterfootprint.org. **DAVID SUZUKI FOUNDATION**

Going Green

Millionth milestone

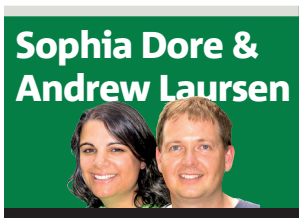
Last Wednesday, members of One Million Acts of Green logged their one millionth act of green. During the campaign, participants logged an average 9,435 acts per day. GreenNexxus calculates the total acts of green to date represent a reduction of nearly 56,000,000 kilograms of greenhouse gas. For more, see www.onemillionactsofgreen.com. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Putting a price on water

Some Canadian cities exploring their options for delivery

EarthTones



Last week, Metro reported the City of Calgary is considering a third-party provider for regional water delivery. A private company would invest in infrastructure such as pipes and water treatment plants and the public would pay the city or the private company to have clean water delivered to its houses.

As the water infrastructure decays and municipalities are increasingly strapped for cash for repair, privatization is being, or has been, considered in many cities across the country.

We Canadians love our water. And we use a lot. Between 1972 and 1996, Canada's rate of water consumption increased by almost 90 per cent, to 45 billion cubic metres per year from 24 billion cubic metres per year. But our population increased by only 33.6 per cent over the same period.

Although it would seem that we live in a land with plenty of water, water conservation is important. We withdraw water from ground or surface water, we use it, and we discharge it, but the quality of the water we discharge is often not as good as the quality of water we withdraw (depending on how it was used and treated). We have contaminated some ground and surface water sources to the point where we no longer want to withdraw water from them.

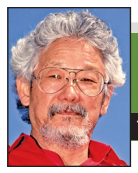
So, it would seem that decreasing water use should decrease the discharge of pollutants. Privatization of water delivery systems would likely result in our water bills being linked to consumption of water, which is currently true for barely half of Canadians. Many still pay a flat rate for water delivery. A 1999 study showed water use was 70 per cent higher when consumers paid a flat rate for water. Privatization could, then, improve conservation efforts through the cheapskate principle (we conserve for the sake of our wallets, rather than the sake of our resources).

However, can we count on private companies to safeguard the integrity of our lakes and rivers by being vigilant about the quality of the water they discharge? The city of Hamilton, Ont., privatized its water supply in the early '90s, and throughout the decade the city was plagued by discharges of sewage to basements across the city and to Lake Ontario. Although never proven, these discharges were blamed by many on the privatization of the water plants.

Discharges of sewage to our waterways led to a dramatic decline in water quality. The high levels of nitrogen and phosphorus contained in sewage can lead to algal blooms, which, together with bacteria that degrade the carbon-based portion of the sewage, lead to oxygen concentrations in the water becoming depleted, which leads to the death of fish and other aquatic life. Also, direct sewage discharge can introduce pathogens to our water, such as E. coli, and contaminants such as metals, which can be transmitted either by direct ingestion of water or by consuming fish from contaminated water bodies.

Discharges of sewage do not only occur when private companies are at the helm, however. So, whoever is in charge of delivering and cleaning our water as we move forward will need to meet stringent guidelines and maintain strict controls over discharge, as well as promoting water conservation so we can maintain the privilege of ample clean water.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.



Canadians use more than eight billion disposable cups each year.

Meanwhile, Statistics Canada tells us that 30 per cent of us still drink predominantly bottled water. What's worse, the Union of Concerned Scientists tells us that 90 per cent of water bottles are not recycled.

If we all remember to carry our reusable coffee cups with us, we can reduce our impact significantly.

DAVID SUZUKI FOUNDATION

News in brief

PROTOTYPE Canadian architecture firm MOSS SUND, in partnership with industrial and mechanical design firm figlforty, recently introduced its new rain storage and harvesting prototype that allows homeowners to conserve water and increase their home's green space. Called CISTA, the prototype works by capturing rainwater flow from a home's eavestrough into a storage tank. This water can then be stored and used for lawn and garden maintenance. CISTA is undergoing testing this year and designers are hoping to have the units on the market for spring 2010.

METRO NEWS SERVICES

The voice of Vancouver, NOW also on a clearer FM frequency.
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Truex gets pole position for Daytona 500
Martin Truex Jr. won the pole for the season-opening Daytona 500 next Sunday while Mark Martin qualified second. METRO NEWS SERVICES

Sports

Gold for Kucera

Calgary's John Kucera, left, became the first Canadian ever to win the men's downhill title at the world championships in Val d'Isere, France, on Saturday. Kucera had to watch 36 other competitors race after setting his time of two minutes, 7.01 seconds. Kucera was also the only Canadian to finish the race. Erik Guay of Mont-Tremblant, Que., Manuel Osborne-Paradis of Invermere, B.C., and Jan Hudec of Calgary all crashed out. METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Canada lookin' good

VANCOUVER 2010 **Games**

The general consensus is that Canada has never experienced another sporting week like it just did internationally.

The podium parade continued yesterday with four gold medals at a World Cup short track meet in Bulgaria and Kristina Groves' silver medal at the world all-around championships in Norway.

This much can be guaranteed for one year from now: Canada's athletes are going to put on the best show ever seen by this country's at a Winter Olympics. You can pretty much guarantee they are going to win more medals than ever before, topping the 24 at the 2006 Turin Games.

There appears to be too much depth in the ranks for that not too happen, with too many talented athletes and fine coaches.

A few examples to keep an eye on:

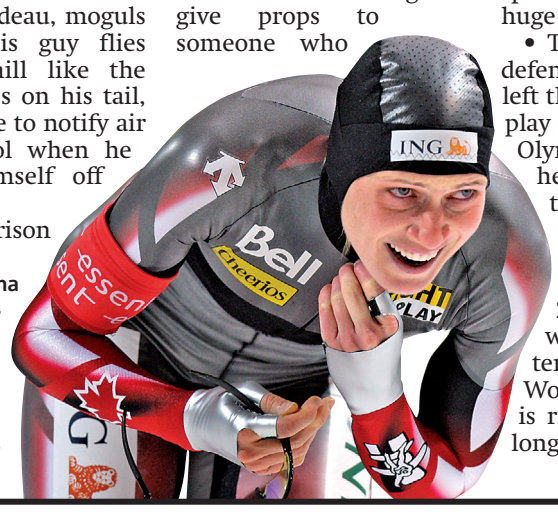
• Alex Bilodeau, moguls skier — This guy flies down the hill like the Grim Reaper's on his tail, and they have to notify air traffic control when he launches himself off the kicker.

• Matt Morison — This 21-year-old snowboarder from Burketon, Ont., near Oshawa, has a world championship medal, World Cup wins and a winner's mentality without the cockiness.

• Joanne Rochette, figure skater — You've got to give props to someone who wears a dominatrix outfit in the gala, as she did yesterday at the Four Continents championships.

• Kristina Groves, speed skater — Canada hasn't missed a beat even with Cindy Klassen and Wotherspoon injured and she's a huge reason for that.

• The Gregg family — defenceman Randy Gregg left the Oilers for a year to play in the 1988 Winter Olympics. Now a doctor, he and his wife Kathy, a two-time Olympic speed skater, have a son and daughter who could be on the 2010 team. Jessica won a gold medal yesterday at the short-track World Cup, while Jamie is rising fast as a men's long-track sprinter.



Ottawa's Kristina Groves won silver yesterday at the World all-around speed skating championships in Norway.

TORSTAR NEWS SERVICE

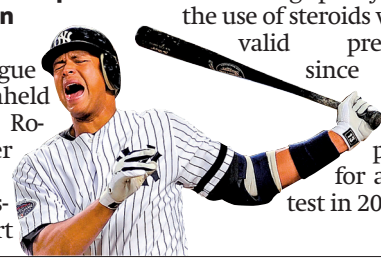
Vancouver Whitecaps president Bob Lenarduzzi is this week's guest on It's Called Football at www.metronews.ca

The heat's on A-Rod

A sense of shock and disappointment was voiced yesterday in the wake of a report that baseball's highest paid player Alex Rodriguez tested positive for steroids in 2003.

Major League Baseball withheld comment on Rodriguez after Saturday's Sports Illustrated report that the Yankees slugger was on a list of 104 players that tested positive in confidential testing.

While Major League Baseball's drug policy banned the use of steroids without a valid prescription since 1991, there were no penalties for a positive test in 2003.



REUTERS

NHL Wings blank Pens

REUTERS

The Red Wings' Henrik Zetterberg hits Pittsburgh's Matt Cooke yesterday. Detroit won the Stanley Cup final rematch, 3-0.

Thank Nonis for sticking with Kesler

ToulBox

Scott Rintoul

scott.rintoul@team1040.ca

If you're impressed with Ryan Kesler's play of late, thank former GM Dave Nonis. Two-and-a-half years ago, Nonis had a decision to make when then-Flyers GM Bobby Clarke signed Kesler to a one-year, $1.9-million US offer sheet.

Kesler was a restricted free agent coming off a 23-point season and was due a marginal raise. Nonis had negotiated a deal that would pay Kesler just over $900,000 for the year, but that all changed when Clarke more than doubled that amount. Rather than let Kesler walk for a second-round draft pick, Nonis bit his lip and ponied up to keep the 22-year-old. After an injury plagued campaign that produced just 16 points in 48 games, Nonis got Kesler under contract for three years at $1.75 million per season.

Canucks' fans are now enjoying the fruits of that labour as Kesler is living up to his potential. But most importantly, he has found synergy with Mats Sundin and Pavol Demitra, which has provided the Canucks a dangerous second scoring line for the past two games. That trio is also more than capable of playing responsibly in their own zone, especially given the strength of both Kesler and Sundin in the faceoff circle.

• Stefan Logan's decision to sign with the Pittsburgh Steelers means more work for Roy Shivers, Jacques Chapdelaine and Dan Dorazio.

As the Lions' director of player personnel, Shivers has the unenviable task of finding replacements for the likes of Logan, Cam Wake, Tyrone Williams and Otis Floyd. He also needs to bring in a speedy wide receiver to replace Paris Jackson, who will move into Jason Clermont's old slotback position. And there's still the strong possibility that he must find a formidable offensive lineman to compete for Rob Murphy's former spot at left tackle.

As for Chapdelaine and Dorazio, it's back to the drawing board on offence. The pair will collaborate on putting together a more explosive offense of which Logan was supposed to be a focal point.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

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Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

Workology

College boosted by bad times?

The global economic downturn's impact on the job market is forcing some graduates to reconsider the value of their college degree, observes Walt Gardner in the Christian Science Monitor. There is a difference between learning for the sake of learning and learning relevant to making a living. Not intended to be trade schools, colleges are designed to develop the skills essential to lifelong learning, Gardner writes. MERO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Planning your special day

Matters of the Heart

RAFAEL BRUSILOW
for Metro Canada

Professional wedding planner Leah Elliott is a master of keeping her cool but when that fateful day of vows and kisses comes, she still cries every time.

Elliott, owner of Elan Wedding Consultants Inc., started the company in 2001 but had never thought of herself as an entrepreneur. She previously worked in administration and got into wedding planning by accident as a favour to her friends. Eventually she got so many requests that she figured it was time to go professional.

"I got to a point where I figured I have to start charging!" she joked.

As a wedding planner Elliott says her job is to take away all the stress and challenge of organizing the details of a wedding and let the happy couple instead focus on visualizing their dream wedding. Unlike the stereotype of some fussy old lady who thinks she knows what's best for a couple, Elliott says she is only interested in making sure the day goes exactly the way a couple wants.

"My main goal is to make sure the client is happy. I'm there to guide people and to make suggestions but I leave the final decisions up to the couple." Leah Elliott, wedding planner

"My main goal is to make sure the client is happy. I'm there to guide people and to make suggestions but I leave the final decisions up to the couple. People who know what they want are very easy to deal with — it's only when people are indecisive that it's hard," Elliott said.

Elliott does most of her wedding planning in Toronto, London and Ottawa and she plans to keep it that way so she can oversee matters in-person and keep a high level of service quality. She says planning weddings in a city like Toronto keeps her job exciting because the city is such a melting pot and each wedding can be full of surprises. Case in point: For one wedding, Elliott brought an elephant into Toronto's Yorkville area.

"There are so many cultures in Toronto that it keeps it fresh. I enjoy that," she said.

Unlike many planners who charge a percentage of the total wedding budget as their fee, Elliott only charges a flat fee and warns people to accept nothing less from a reputable planner.

"Charging a percentage of your budget is a conflict of interest — what's the incentive to keep costs down?" she said.

Working so closely with a bride and groom often means Elliott still gets emotional on a wedding day but she wouldn't have it any other way.

"I've always said the day I stop crying at weddings is the day I quit."

For more Matters of the Heart exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

Skating the day away

OddJobs

Diane Peters

If you've ever skated down Ottawa's famous Rideau Canal — perhaps during Winterlude, which is on right now — you have Alain Nantel to thank for the ice beneath your skates.

While Mother Nature, of course, takes care of the basics of freezing the 7.8 km skateway, it's Nantel, 38, and his staff that make sure the ice is just right.

"I go out on the ice every day," says Nantel, coordinator of operations, facilities and programs for the National Capital Commission (NCC). Usually on skates, he checks out the ice to make sure it's smooth, safe and free of snow.

He's in charge of the contractors who shovel the canal — snow not only gets in the way of skaters, but it weighs down the ice and insulates it, causing it to melt — and those who nightly spray it with water to create a flat skating surface.

Every two or three days, he winds an auger through the ice to take a carrot-shaped sample.

He's looking for 30 cm of good quality ice with his sample: Clear ice is the best stuff, white ice is made of water and snow, and it's not as stable.

Nantel's not a scientist. In fact, the Ottawa native — who grew up an avid skier and canal skater — studied business in college. His summer jobs always seemed to revolve around special events.

Eleven years ago he started working for the NCC, doing various jobs, mostly related to special events. Four years ago, he started taking care of the skateway, which is in its 39th season this year.

Nantel knows his ice too, thanks to on-the-job experience, plus the help of the NCC's comprehensive technical and safety manual on ice care.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Swanson and Eisler get hitched
Skating with Celebrities winners Kristy Swanson and Lloyd Eisler — who skated for Canada in the Olympics — were married on Saturday. The actress and the skating champ met while competing on the Fox reality show three years ago. **PEOPLE.COM**

Entertainment

Danes to wed

Claire Danes and Hugh Dancy are getting married, a rep for the pair confirmed. Danes, 29, and Dancy, 33, met while filming Evening in Newport, R.I., and had been dating for more than a year. PEOPLE.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

LARRY BUSACCA/GETTY IMAGES

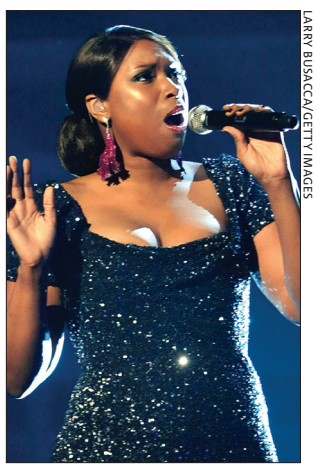
Alison Krauss and Robert Plant won five Grammys.

KEVIN WINTER/GETTY IMAGES

Coldplay frontman Chris Martin performs at the 51st annual Grammy Awards in Los Angeles last night.

KEVIN WINTER/GETTY IMAGES

U2's Bono performs new single Get on Your Boots during the Grammy Awards.


LARRY BUSACCA/GETTY IMAGES

Jennifer Hudson won the Grammy for best R&B recording.

LARRY BUSACCA/GETTY IMAGES

R&B singer-songwriter Ne-Yo arrives on the red carpet.

Grammy showdown

Rock icon Plant, bluegrass queen Krauss win five awards

Former Led Zeppelin singer Robert Plant received a "whole lotta love" at the Grammy Awards on Sunday, winning five prizes including album of the year for an acclaimed collaboration with bluegrass queen Alison Krauss.

The 60-year-old musician, enshrined in rock annals as the golden-haired, bare-chested singer for one of the biggest bands of the 1970s, was one of several British artists to take centre stage at the music industry's top honours.

Other compatriots included rock band Coldplay, who won three awards, including song of the year, and 20-year-old rookie Adele, who was named best new artist.

R&B star Chris Brown inadvertently supplied some last-minute fireworks. The two-time nominee canceled a scheduled performance amid reports that he was involved in a domestic-violence incident in the early hours of Sunday. His girlfriend, three-time nominee Rihanna, also scrapped her planned appearance.

Plant and Krauss, 37, swept all five categories in which they were also nominated. They also won song of the year, and prizes in the pop, folk/Americana, and country categories.

"I'm bewildered," Plant said upon winning album of the year, the event's final prize. "In the old days, we would have called this selling out, but I think it's a good way to spend a Sunday."

Rapper Lil Wayne won four Grammys, including best rap album for Tha Carter III, the biggest-selling U.S. release of 2008. He led the field with eight nominations in six categories.

Coldplay, which followed with seven nominations, ended up with three Grammys. They won song of the year for Viva La Vida, the chart-topping hit that inspired a plagiarism lawsuit from virtuoso guitarist Joe Satriani, who claims that it rips off one of his tunes.

Plant and Krauss' Raising Sand, on which the odd couple reworked old folk ballads and R&B chestnuts, was an instant critical and commercial hit. Plant scuttled a much-rumored Led Zeppelin reunion by opting to tour Europe and America with Krauss instead.

With 26 wins, Krauss now ties with French conductor Pierre Boulez as the third-most-honoured artist in the Grammys' 51-year-history. The only artists ahead of her are late classical conductor Sir Georg Solti with 31, and prolific producer/composer Quincy Jones with 27.

Led Zeppelin were never honored during their active years between 1968 and 1980, the year the band broke up following the death of drummer John Bonham. Plant's sole wins to date were for a 1990s collaboration with former bandmate Jimmy Page and for a Raising Sand tune with Krauss last year. **REUTERS**

Grammy winners

- Best R&B recording: Jennifer Hudson, Jennifer Hudson
- Song of the year: Viva La Vida, Coldplay
- Best pop collaboration with vocals: Rich Woman, Robert Plant & Alison Krauss
- Best rock album: Viva La Vida Or Death And All His Friends, Coldplay
- Best new artist: Adele
- Record of the Year: Please Read The Letter, Robert Plant & Alison Krauss
- View the complete list at metronews.ca/music

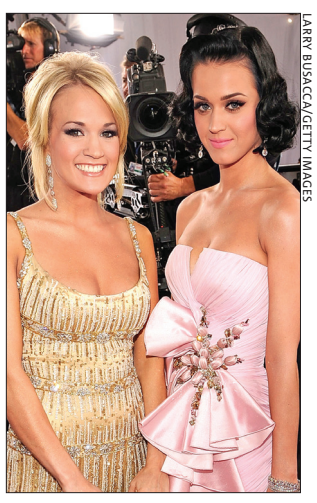
"In the old days, we would have called this selling out, but I think it's a good way to spend a Sunday."
Robert Plant

LARRY BUSACCA/GETTY IMAGES

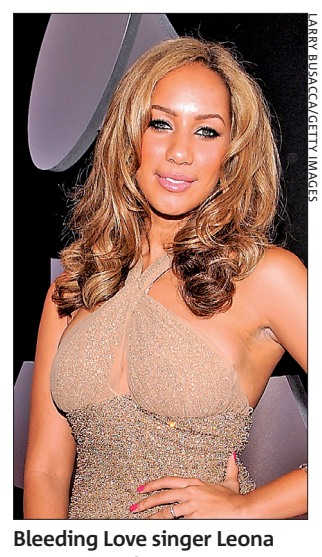
Tenacious D member and actor Jack Black strikes a pose.

JASON MERRITT/GETTY IMAGES

Canadian Jason Reitman and Margaret Yen took home the Grammy for best compilation soundtrack album for a motion picture for Juno.


LARRY BUSACCA/GETTY IMAGES

Singers Carrie Underwood, left, and Katy Perry arrive on the red carpet.


LARRY BUSACCA/GETTY IMAGES

Bleeding Love singer Leona Lewis poses for the cameras.

Lil Wayne's got Wii

Rapper Lil Wayne has confessed to a secret hobby — he's a passionate bowler. The Lollipop hitmaker admits he spends much of his free time playing Nintendo's Wii games and has perfected the art of virtual tennis, bowling and golf. FEMALEFIRST.CO.UK

Slumdog sweeps BAFTA

Low-budget Indian drama Slumdog Millionaire swept Britain's BAFTA film awards yesterday winning best film, director and five other categories, giving it another boost ahead of the Oscars later this month.

Slumdog Millionaire, a British picture about a young man from the slums of Mumbai who seeks to rise from rags to riches by winning a Hindi TV game show, triumphed at the Golden Globes last month with four honours including best drama.

Slumdog director Danny Boyle gave a restrained acceptance speech, but earlier defended his film on the red carpet against criticism in India to the movie's name — which some slum dwellers find offensive — its depiction of the lives of impoverished Indians and the treatment of the cast.

Kate Winslet, a double Golden Globe winner, won the leading actress award for her role as a former concentration camp guard in The Reader.

Mickey Rourke gave an expletive-filled acceptance speech while picking up his award for leading actor for his portrayal of a lonely, washed-up professional athlete in The Wrestler trying to make his sporting comeback in a role that parallels the actor's own troubled life.

TOBY MELVILLE/REUTERS

Kate Winslet poses with her leading actress award during last night's British Academy of Film and Television Arts awards at the Royal Opera House in London, England.

"Thank you to BAFTA, to Optimum Pictures to Fox Searchlight, Darren Aronofsky, he gave me a second chance after f—ing up my career for 15 years," Rourke said. "It's such a pleasure to be back here out of the darkness."

The awards ceremony was hosted by controversial presenter Jonathan Ross, who was recently suspended without pay from the BBC for his participation in obscene prank calls made to actor Andrew Sachs.

Ross did not disappoint fans of his off-the-cuff humour, making fun of his own speech impediment and regaling the audience with a raft of jokes pegged to the films up for awards.

"I loved The Curious Case of Benjamin Button, vividly depicting every woman's worst nightmare: As you age, your boyfriend, Brad Pitt, gets better looking."
Host Jonathan Ross

"I loved The Curious Case of Benjamin Button, vividly depicting every woman's worst nightmare: As you age, your boyfriend, Brad Pitt, gets better looking," Ross said.

Button won only three BAFTAs, for production design, make-up and hair as well as special visual effects.

Supporting actress went to Penelope Cruz for Vicky Cristina Barcelona, while the supporting actor award went to the late Heath Ledger for The Dark Knight, in which he played Batman's nemesis Joker.

REUTERS

Milk, Slumdog pick top writing awards

Rags-to-riches romance Slumdog Millionaire furthered its winning streak in Hollywood's awards season Saturday, earning best adapted screenplay for writer Simon Beaufoy from the Writers Guild of America.

Milk, about slain, 1970s-era gay politician Harvey Milk, grabbed best original screenplay for Dustin Lance Black who gave an impassioned speech challenging the gay community to re-energize itself in the struggle for gay equality.

Black talked about how Milk's legacy inspired him to dream that one day his screenplay could be made into a film and reach as many people as it had with a message of change and hope.

"Big dreams are how change really happens," Black told the audience of film and television writers. "Join me in continuing this fight for civil rights."

But the night truly belonged to Slumdog, which tells of a young Indian boy who competes for love and money on a TV game show.

Together with the WGA's honour, it has now earned top awards from the other major Hollywood guilds and is the clear frontrunner for the best movie Oscar.

Slumdog was named best movie by the Producers Guild of America, Briton Danny Boyle was picked best director by the Directors Guild of America, and the movie's actors were judged best ensemble cast by the Screen Actors Guild.

The Oscars, given out by the Academy of Motion Picture Arts and Sciences on Feb. 22, and many of the guild members also belong to the academy making their awards key indicators of winners of Academy Awards, the world's top film honours.

Beaufoy, however, was not on hand to accept his WGA trophy as he was traveling to London for another awards ceremony given by the British Academy of Film and Television Arts (BAFTA).

In other top film awards given out Saturday by the WGA, Israeli war film Waltz with Bashir was named best documentary.

Major television awards went to Mad Men, whose writers won for best TV drama, and to 30 Rock, which took home the WGA trophy for best TV comedy.

REUTERS

GETTY IMAGES PHOTOS

Dustin Lance Black won a WGA award for Milk.

Simon Beaufoy bagged a WGA award for Slumdog Millionaire.

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Ferrell takes aim at Bush on Broadway

SHOW Comic actor Will Ferrell's debut show on Broadway lampooning George W. Bush opened to praise and criticism for his impersonation of the former president honed on TV's Saturday Night Live. You're Welcome America: A Final Night with George W. Bush earned mixed reviews Friday, with many critics noting the show offers more of the low-brow humour that Ferrell built his film career on instead of sharp theatrical satire. But they said it was still likely to succeed due to Ferrell's name and popularity. Ferrell impersonated Bush on the NBC show before making a string of hit comedies including Elf and Blades of Glory.

REUTERS

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In brief

TV Jerry Springer is leaving his position as host of NBC's summer hit America's Got Talent. The TV personality said he's departing the show to focus on a summer theatre production and his syndicated talk show. Got Talent is the summer's most-watched show. The departure risks shaking up a formula that has worked well for NBC at a time when the network is trying to stem ratings erosion.

REUTERS

Baby Aniston
Grey's Anatomy actress Chyler Leigh is planning to name her new baby Aniston. Leigh, 26, who plays intern Lexie on the ABC medical drama, is due in May. **USMAGAZINE.COM**

Snuggle in front of these

Only a few more days till Valentine's Day, folks. Establishing a romantic mood is essential, and it's never too early to start. And, as is often the case, television can provide an easy, inexpensive, low-maintenance alternative as a lead-up to the main event:

Bridges of Madison County features a top-notch cast.

YOUNG LOVE

Was there ever a more classic tale of unrequited love than the saga of Charlie Brown and the Little Red-Haired Girl? Their star-crossed affair plays out yet again Tuesday night on ABC, in A Charlie Brown Valentine, a 2002 special produced two years after the death of Peanuts papa Charles Schulz. Filling out the hour is the original 1975 'toon, Be My Valentine, Charlie Brown.

DATE NIGHT AT THE MOVIES

Toss a bag of popcorn in the microwave, crack open a bottle of wine and enjoy some of the most romantic movies ever to hit the big screen. Most of them, oddly enough, are airing in the morning.

Valentine's**Day**

Romeo & Juliet: It all starts here, first with Shakespeare, and then the 1936 movie version with Norma Shearer and Leslie Howard as the titular doomed lovers, with John Barrymore along to lend gravitas. It airs on TCM Canada on Tuesday.

Love Story: Love means never having to say you're sorry. An often useful, if unrealistic sentiment, first coined by Ali MacGraw in the 1970 romance classic, also starring Ryan O'Neal before he got all wrinkled and scary. It's on twice on Friday on The Movie Network's MRPIX.

Gone with the Wind: One of the most romantic movies of all time stars Clark Gable and Vivienne Leigh, airing on MRPIX on Wednesday, basking in the warm afterglow of Atlanta on fire.

Working Girl: Harrison Ford and Melanie Griffith, lots of bad '80s fashion – what more could you want? It airs Thursday.

Bridges of Madison County: Craggy Clint Eastwood woos a married Meryl Streep, and the screen ain't big enough for both of them. But if you've got a big-screen TV — and even if you don't — you will get completely sucked in to this compelling tale of middle-aged attraction. SUNTV has it on Tuesday, with CTV re-running it late on the night of V-Day.

Out of Africa: Even more lovestruck Meryl a world away in Kenya, in the biographical romance airing Monday on MRPIX.

REALLY REEL ROMANCE

Fantasy's fine, but let's get real. Thursday's CBC Doc Zone has the ultimate happily-ever-after with Love Interrupted, two Romeo & Juliet-ish tales of young couples driven apart by race, religion, class and/or parental disapproval, who somehow manage to reunite later on in life.

From reunion back to separation, the second season of CBC's hit reality show, The Week the Women Went is the ultimate way to tell your loved one how much they are wanted and needed, airing Wednesdays at 8 p.m. on CBC.

- For specific show times, please consult your local TV listings.

TORSTAR NEWS SERVICE

Cops, docs and lawyers dominating TV screens

TELEVISION TV networks are looking for a new Mentalist.

With pilot season drama orders winding down, broadcasters are investing heavily in developing new crime dramas and other self-contained procedurals for the fall.

Cops, doctors and lawyers are in; serialized and complex story lines or unusual topics are out.

The strategy undertaken by CBS this season seems to be the new model. With the Eye's crime procedural shows holding up strong in this tough media economy, every network is opting for at least a few dramas that might have been dismissed as too formulaic a couple of years ago — when networks were searching for the next Lost, Heroes or Desperate Housewives.

Fox's freshman crime procedural dramas Fringe and Lie to Me also have performed well, further suggesting to networks that re-embracing traditional self-contained mysteries is the way to go.

Nowhere is this trend more evident than at NBC, whose pilots include three crime dramas, two medical series and a lawyer show.

Fox's Fringe, above, and Lie to Me are performing well.

For network crime dramas, writers are finding new wrinkles in the job description. There are crime solvers who are underage (ABC), amateurs (ABC), past-life investigators (Fox) and FBI agents (CBS).

Likewise, among medical shows there are nurses (NBC), paramedics (NBC), a schizophrenic surgeon (Fox) and transplant doctors (CBS). **REUTERS**

Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning on Feb. 6, according to studio estimates:

1. **He's Just Not That Into You:** $27.5 million US
2. **Taken:** $20.3 million
3. **Coraline:** $16.3 million
4. **The Pink Panther 2:** $12 million
5. **Paul Blart: Mall Cop:** $11 million
6. **Push:** $10.2 million
7. **Slumdog Millionaire:** $7.4 million
8. **Gran Torino:** $7.2 million
9. **The Uninvited:** $6.4 million
10. **Hotel for Dogs:** $5.8 million

REUTERS

GlobalStyle

Kenya Hunt

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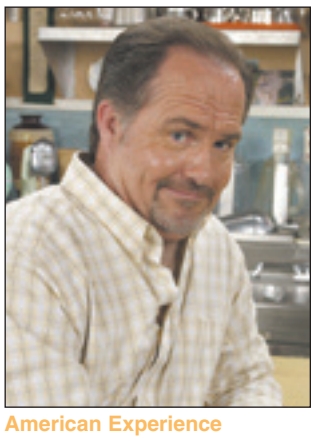
VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/9/09	251	308	3	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Just for Laughs (N) (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6	JOY	E! News	The Insider	The Soup	How I Met	Engagement	Worst Week	Snoop Father	Snoop Father	News (N)
	254	-	8	M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9	CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami "Presumed Guilty"		News (N)
	-	-	10	OMNI	The Daily	Frasier (CC)	The Practice "The Trial"		One Tree Hill (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11	GTV	Entertainment	ET Canada	House "Unfaithful" (N) (CC)		Heroes "Trust and Blood" (N)		24 "Day 7: 3:00PM - 4:00PM"		News (N)
	256	389	12	VI	Instant Star	TMZ (N) (CC)	Gossip Girl (CC)		Paris Hilton's My New BFF		Medium (N) (CC)		News (CC)
	253	359	13	CITY	Law & Order: SVU		The Bachelor (N) (CC)				True Beauty "Get Fit" (N)		EP Daily
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Gossip Girl (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami "Presumed Guilty"		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Chuck (CC)		Heroes "Trust and Blood" (N)		Medium (N) (CC)		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		Dollars	Smart Cookies	Maxed Out
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelor (N) (CC)				True Beauty "Get Fit" (N)		KOMO 4 News
	-	-	23	KVOS	M*A*S*H	Seinfeld	Mr. Jones ★★ (1993, Romance) Richard Gere, Lena Olin.				King	Still Standing	Scrubs (CC)
	291	383	27	PBS	Steves Europe	Antiques	Antiques Roadshow "Dallas"		American Experience (N) (CC) (DVS)			Eyes on the Prize II	
	290	382	28	FOX	Two/Half Men	Two/Half Men	House "Unfaithful" (N) (CC)		24 "Day 7: 3:00PM - 4:00PM"		News (N) (CC)		Family Guy
	-	364	43	PBS	American Exp.	Lincoln: Prelude-Presidency		Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow "Dallas"	
	296	654	64	SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65	TLA	Two/Half Men	Two/Half Men	Gossip Girl (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26	NW	Crash: The Next Depression		CBC News: The National (N)		CBC News: The National		Crash: The Next Depression		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Hockey	Canucks TV	Hockey	World Combat League (CC)		UFC: Access	Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	Auto Race: Targa		Winter X Games (CC)		SportsCentre
	411	457	49	OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker "Rob & Michelle"		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54	SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55	SC	Barrett-Jackson		Car Crazy	Pass Time	Speed Report Special Edition		This Week in NASCAR		Auctions
	416	409	144	GLF	Fútbol Alemán: Equipos SA		Gol TV News		Ole: La Liga		Paid Program	Art of Football	Gol TV News
family	552	543	25	YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach (CC)		Mystery Hnt.
	555	545	50	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5	KNO	Undersea	Landscape	History of Britain (CC)		Sense Memories		Crystal Fear (CC)		Haida Art
	575	583	20	CMT	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24	MM	MuchNews	NewMusic	MuchVibe (CC)		So You Think You Can Dance The top 12. (CC)				Dance
	600	564	29	H&G	Price	Petal Pushers	Holmes on Homes (CC)		Property	Income Prop.	House	For Rent	Price
	615	520	31	A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Sylvia" (CC)		Intervention "Angelina" (CC)		Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY "Admissions" (CC)		Disorderly Conduct: Video		Disorderly
	521	560	34	TLC	Jon & Kate	Jon & Kate	Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Kids by Dozen
	616	522	39	SHO	The Outer Limits "Inner Child"		Kink in Hair	Kink in Hair	Retail (N)	Rent-A-Goalie	Name Is Earl	Testees (CC)	House "Kids"
	620	523	40	BVO	Willie Nelson	Garrett Mason	Law & Order "Missing" (CC)		Without a Trace (CC)		Fire on the Amazon ★ (1993) Sandra Bullock.		
	601	562	41	SLC	Project Runway Canada		ET Canada	Matchmaker	Project Runway Canada		Trading Spouses		Biggest Loser
	520	505	42	DIS	Verminators "Day of the Rat"		Daily Planet (CC)		Dirty Jobs "Egg Farm" (CC)		Verminators "Day of the Rat"		MythBusters
	522	506	44	HIS	NCIS "Trojan Horse" (CC)		Battle 360 (CC)		Underground War		NCIS "Trojan Horse" (CC)		Crime Stories
	627	528	45	SPC	Ghost Hunters (CC)		Stargate SG-1 "Foothold"		Star Trek: Next Gener.		Star Trek: Voyager "Tattoo"		Star Trek: Ent.
	294	650	47	TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	Deuce Bigalow: European Gigolo ★ (2005)			Ice Harvest
	619	525	48	TROP	TV Made	News Show	Tube Tales	E News	Make	TV Made	Planet Soap	Reality	Deal-No Deal
	603	561	52	FN	Hell's Kitchen (CC)		Chef School	Chef School	Challenge Fruit sculptures.		Food	Road Tasted	Hell's Kitchen
	626	547	57	COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Zach Galifianakis: Live		Daily Show
	320	621	60	CEN	Sanctuary "Folding Man"		U.S. of Tara	Secret Diary	ZOS Zone of Separation (N)		Brotherhood (CC)		Sanctuary
	581	566	101	MTV	The City (N)	City Live After	MTV Live	MTV News	The Real World (CC)		The City	City Live After	MTV Live
	261	394	102	V	God Bless	Clergy	Poltergeist: The Legacy		A Cool, Dry Place ★★ (1998, Drama) Vince Vaughn. (CC)				Paid Program
	-	-	109	MUL	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics'corner

Little Mosque on the Prairie
An imam with his own agent — who'd have thought it? In this new episode, Amaar (Zaib Shaikh) would like a raise, but he's getting nowhere with his humble attempts to ask nicely for one. Enter Fred (Neil Crone), who appoints himself Amaar's agent and abandons the Mr. Nice Guy approach in going after mosque treasurer Baber (Manoj Sood) for more money for his "client." Sitara Hewitt also stars in "Raised Expectations." 8 PM on CBC



American Experience
The new episode "The Assassination of Abraham Lincoln" remembers the 16th president of the United States — born 200 years ago this week — by focusing on the two months following his death, when a nation mourned and authorities sought his killer. Actor Will Patton ("A Mighty Heart") reads the words of assassin John Wilkes Booth. 6 and 9 PM on PBS

Moss is the face of new McCartney campaign

Kate Moss and Anglea Lindvall have been unveiled as the stars of Stella McCartney's latest fashion ad campaign, femalefirst.co.uk reports. The spring/summer '09 line, shot on location in Puerto Rico, was photographed by Ryan McGinley. METRO NEWS SERVICES

Celebrity Buzz

Clooney and Margulies are still good friends

FRIENDSHIP Former ER lovers George Clooney and Julianna Margulies are still crazy for each other after all these years — as pals, that is, people.com reports.

The actors — who played the dashing Dr. Doug Ross and his onscreen love, nurse Carol Hathaway — recently reunited for the medical drama's final season.

"It's been nine years and it was like we'd never been apart," Margulies told eyebrow guru Ramy Gafni, who recently tended to her famous brows at his RamySpa in Manhattan people.com says.

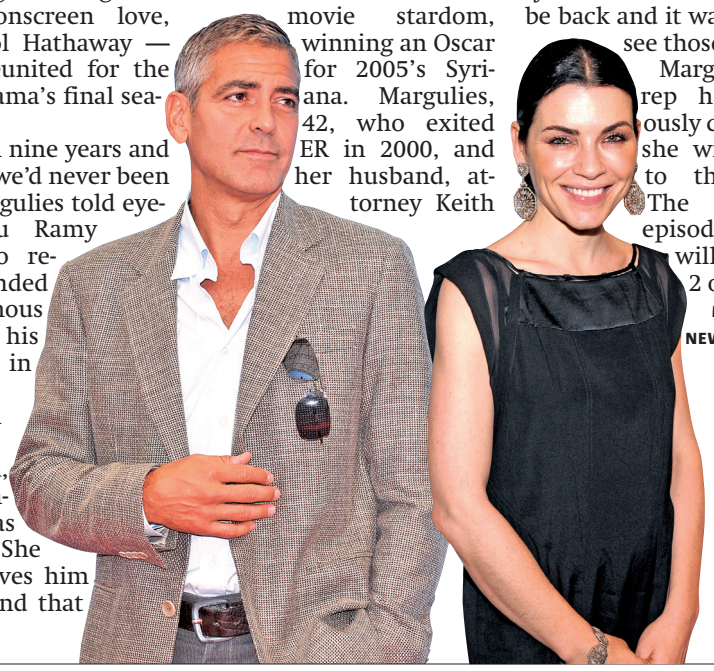
"She said, 'The chemistry was still there.' She said she loves him to pieces and that he's such a great guy," says Gafni.

In the final season, viewers will finally find out what became of Ross and his onscreen flame, who never married in the earlier episodes. Clooney, 47, left the show in 1999 for movie stardom, winning an Oscar for 2005's Syriana. Margulies, 42, who exited ER in 2000, and her husband, attorney Keith Lieberthal, had their first child, Kieran, in January.

NBC and Warner Bros. declined to comment on the casting of ER's final season. But on Jan. 26, Clooney told People magazine of his return to County General, "It was fun to be back and it was good to see those guys."

Margulies's rep has previously confirmed she will return to the show. The final episode of ER will air April 2 on NBC.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Usher's family crisis

PEOPLE Usher is dealing with a family crisis, eonline.com reports.

Record mogul Clive Davis shocked guests at his annual star-studded pre-Grammys party Saturday night when he announced that the R&B superstar would not be performing as planned.

Davis, president of Usher's J Records label, announced that the entertainer and his mother phoned earlier to cancel his rehearsal and subsequent performance at the Beverly Hilton because of a "serious illness in the family."

Reps for Usher declined to comment or elaborate on the sad news, but a source close to the 30-year-old denies rumours that his wife, Tameka Foster, 37, had died following plastic surgery. Access Hollywood does report, however, that Foster did suffer complications from a cosmetic procedure in Brazil.

METRO NEWS SERVICES

Paltrow reaches out to Allen

PEOPLE Hollywood actress Gwyneth Paltrow has come to the defence of British pop star Lily Allen — urging the press to leave the singer alone.

Paltrow knows Allen through the Smile hitmaker's screenwriter mother, Allison Owen, who worked with the actress on two films — 2003's Sylvia and Proof in 2005.

And the Iron Man star is adamant the wide media coverage of Allen's personal life is unfair because the 23-year-old is so young for her age.

Paltrow tells Britain's Elle magazine, "The way I feel about that is: Shame on you. They're doing that to a child! Lily is not a woman yet.

METRO NEWS SERVICES

Drew turns to food when upset

RELATIONSHIPS Drew Barrymore mends her broken heart by eating cheese, femalefirst.co.uk reports.

The He's Just That Not Into You actress, who has been married twice, can't help indulging in processed dairy products when her love life is floundering.

When asked what she does after a romance ends, Barrymore replied: "Head straight for the carbs. Macaroni and cheese. Kraft. Deluxe. The kind with the cheese you squeeze out of a bag that takes at least a month to pass through your body."

METRO NEWS SERVICES

Despite critics, Simpson shows off

IMAGE After more than a week of battling body bullies and fashion critics, Jessica Simpson showed off her figure in a tiny pair of Daisy Duke-style short-shorts onstage in Grand Rapids, Mich., Thursday night, people.com reports.

"She looked phenomenal," gushed concert-goer Scott Pierce, 27, a local Internet technology sales rep.

But Simpson — who seemed nervous and tentative at times — told the crowd of 15,000 that it had been "a rough week."

At one point in the show she said, "You definitely have to confront everything you go through."

METRO NEWS SERVICES

Winehouse curbs cravings with pot

ADDICTION Amy Winehouse has allegedly found just the thing to keep her cravings for drugs and alcohol down: Marijuana.

According to U.K. tabloid the Sun, the troubled singer has been smoking as many as 10 joints a day while hiding out in St. Lucia. "Amy hasn't touched crack or cocaine for months," a friend tells the newspaper.

METRO NEWS SERVICES

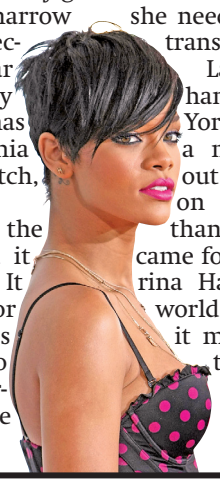
Rihanna reveals her humanitarian side

CHARITY Rihanna is stepping forward to help a five-year-old New York City girl find a bone marrow donor — the second time in a year that the Grammy Award winner has helped a leukemia victim seek a match, says people.com

"When I saw the video of Jasmina it broke my heart. It is so unfair that for a black patient it's so much harder to find a bone marrow match," the singer tells People magazine exclusively. "Jasmina has acute leukemia and she needs a bone marrow transplant to live."

Last February, Rihanna helped New Yorker Lisa Flynn find a match by putting out a call for donors on People.com. More than 5,000 donors came forward, says Katharina Harf of DKMS, the world's largest non-profit marrow donor center,

METRO NEWS SERVICES



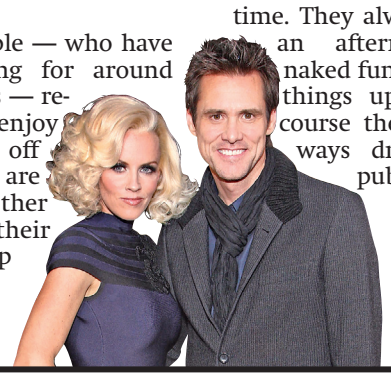
Jim and Jenny's naked days

COUPLE Jim Carrey and Jenny McCarthy have naked days, femalefirst.co.uk reports.

The couple — who have been dating for around three years — reportedly enjoy stripping off when they are alone together to keep their relationship exciting.

A source said: "When they're alone they prefer to be nude most of the time. They always have an afternoon of naked fun. It spices things up. But of course they are always dressed in public."

METRO NEWS SERVICES



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Today Variable 6°/ 0°

Tuesday 70% Rain and snow 5° / 0°

Wednesday Variable 6° / -1°

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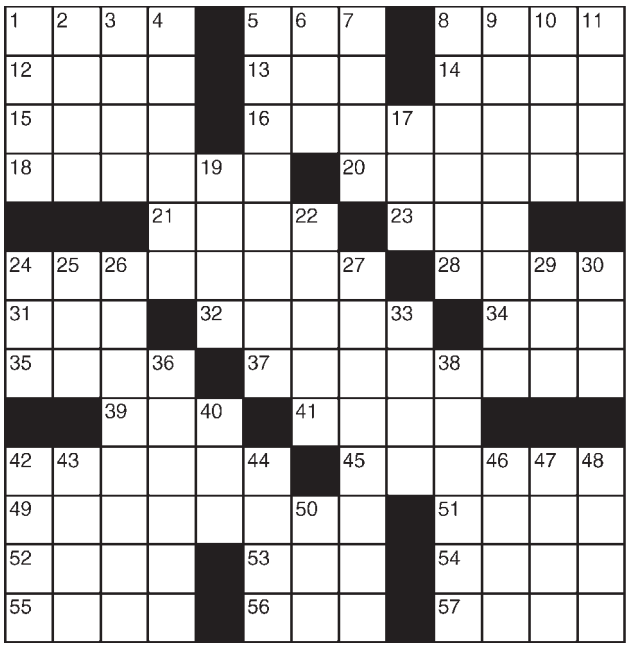
Take Five



Crossword across

1 Scolded
5 Young lion
8 Skaters' venue
12 Dorothy's destination
13 Work with
14 Mideast port city ...
15 ... and a dweller therein
16 Soft fabric
18 Grayish red
20 Long, harsh speech
21 House section
23 Cauldron
24 Heavy military footwear
28 Makes a hole
31 Rowing prop
32 Missionary Junipero
34 Unit
35 Commandment pronoun
37 "Sinker"
39 "That tastes awful!"
41 Infamous lyre player
42 Damage
45 Household linens
49 Agree
51 Pelvic bones
52 Evidenced a pinprick
53 Frank McCourt book
54 — and void
55 "— Breckinridge"
56 Type squares
57 Mirth

Crossword down

1 African nation
2 Circle dance
3 Mosque VIP
4 Go ashore
5 Repeated monotonously
6 Mex. neighbor
7 A-number-1
8 Rifleman's tamping device
9 Act of thinking
10 Dweeb
11 Leg joint
17 With it
19 Weeps loudly
22 Dunderhead
24 Make marginal notes
25 "That feels good"
26 Casino employee
27 Actuality
29 Wildebeest
30 Prepared
33 Taj Mahal city
36 Kampala's country
38 Optimistic
40 Toper's interruption
42 Cold War weapon (Abbr.)
43 Magical herb of myth
44 Ceremony
46 Hebrew month
47 Anger
48 Harvard's rival
50 Poorly lighted

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3		5		4	2			6
	2		5					8
	8		9				5	
5							7	
		6	2		5	4		
	4							5
	9				7		2	
1					8		4	
4			1	5		3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	H	E		F	L	E	E		P	L	U	S		
L	O	T		A	I	R	Y		R	I	F	E		
O	M	N	I	V	O	R	E		U	P	O	N		
B	E	A	C	O	N		S	A	D					
			H	R	S		O	M	E	L	E	T		
A	T	H	O	S		F	R	Y		A	A	H		
T	H	A	R		H	U	E		C	U	R	E		
M	E	R		P	A	N		S	I	D	L	E		
O	M	E	G	A	S		C	A	R					
			I	D	S		A	C	C	E	N	T		
C	H	U	M		O	M	P	H	A	L	O	S		
P	E	R	M		C	A	R	E		S	P	A		
A	N	N	E		K	N	I	T		E	E	R		

7	9	1	5	8	2	4	3	6
2	4	8	3	6	9	7	5	1
5	3	6	7	4	1	9	8	2
6	1	4	2	3	7	8	9	5
3	2	5	4	9	8	1	6	7
8	7	9	6	1	5	2	4	3
9	5	3	1	7	4	6	2	8
4	6	7	8	2	3	5	1	9
1	8	2	9	5	6	3	7	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken Brochettes with Pita

INGREDIENTS:
4 chicken breast fillets, each about 150 g, cut into bite-sized pieces
1 large green pepper, seeded and cut into bite-sized pieces
1 tbsp (15 ml) olive oil
Juice of 1 lemon
4 pita breads
1/3 cup (75 ml) soft goat cheese with garlic and herbs
4 crisp lettuce leaves
2 tomatoes, sliced
Salt and freshly ground black pepper
Sprigs of fresh flat-leaf parsley to garnish

METHOD:
1. Soak eight wooden skewers in cold water for at least 30 minutes, or use metal skewers. Preheat grill or broiler to moderate heat.
2. Thread alternate pieces chicken and green pepper onto skewers, pushing ingredients close together to keep juicy. Brush with oil.
3. Grill brochettes 7–8 minutes per side until chicken is cooked through. Sprinkle with lemon juice.
4. Meanwhile, warm pita breads, either under grill or in toaster. Spread goat cheese on lettuce leaves.
5. To serve, split pitas open and insert lettuce and tomato slices. Season brochettes, then slip chicken and peppers into pita pockets. Garnish with sprigs of fresh parsley.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Rowdiness alienates somebody you hope to attract. Don't tell an idiot he is offensive. Your courage is admired and will soon be rewarded.

TAURUS
APRIL 21-MAY 21
Worry not, the universe is unfolding properly. You bother someone who wants to cheat. Don't pursue a topic if a sensitive person gets upset.

GEMINI
MAY 22-JUNE 21
A friend introduces an adorable person. Be thankful when someone does the right thing. Don't be fooled by anyone who tries to manipulate you.

CANCER
JUNE 22-JULY 22
Embarrassment is forgotten when you're praised. An idiot pushes your buttons. You'll have to rescue a troubled person when you don't want to.

LEO
JULY 23-AUG 23
Learning a new skill is hard but persistence brings rewards. Fight against egotism when planning an event. Unnecessary anxieties must be dealt with.

VIRGO
AUG 24-SEPT 22
A meeting changes your attitude when the surprising truth comes out. Bid farewell to something you like. Ignore bad news that won't come about.

LIBRA
SEPT 23-OCT 23
You'll get further ahead by starting early. Be careful when sharing emotional information. Taking it easy will be hard to do without support.

SCORPIO
OCT 24-NOV 22
Change your viewpoint about financial matters. It's a challenge to be sensible about an ailment. You might be feeling that you're left out of things.

SAGITTARIUS
NOV 23-DEC 21
Foolishness can't be avoided — so you might as well enjoy it. A foreigner wrecks your work. Start getting rid of useless things.

CAPRICORN
DEC 22-JAN 20
Don't panic if someone is unconventional. A friend's experience makes an interesting story. A relationship issue causes turmoil around you.

AQUARIUS
JAN 21-FEB 18
Messages must be acted upon immediately. You are admired for a stand that you took. You should stay away from people who spread germs.

PISCES
FEB 19-MARCH 20
Think very carefully before you make a choice. It's to your advantage to be honest. Intense emotions will rise up, stay calm if you can.

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